

Stove Top Sausage, Eggs, and Bacon

Stove top sausage, eggs, and bacon are the traditional way to prepare this high protein meal. It can be very messy, and dangerous in a noisy, busy household. Proper adaptive equipment can allow even those with low vision to prepare this on the stove top. Though, they may need to carefully verify all the grease is cleaned up after cooking. For a person with physical or visual limitations, oven baking or a table top grill may be easier to cook and clean up. If bacon, sausage, and eggs are cooked as a one pan meal, cook eggs last for food safety.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Bacon

Butter (lactose)

Chicken

Eggs

Mushrooms

Onions

Pepper

Potatoes

Pork

Sausage

Spices

Turkey

Meatless Preparation Avoid:

Bacon

Butter

Chicken

Eggs

Sausage

Pork

Turkey

Substitute with: _____

Utensils:

Chopping board

Fork

Paring knife

Pot holders

Spatula

Spoon

Pan: 8 inch frying pan

Ingredients:**Meat:**

12 slices of bacon

6 eggs

3 pieces of sausage

Note: You can use turkey bacon and turkey sausage for less grease.

Vegetables:**Optional:**

1/4 cup of mushrooms

1/4 cup of onions

Other ingredients:

Dash of salt

Spices, such as pepper, to taste

Optional:

2 tablespoons of brown sugar, or

2 tablespoons of honey

Preparation time: 10 minutes

Preparation:

1. Use the same 8 inch frying pan to fry sausage and bacon individually.
2. Once done, place on a plate and cover.
3. Scramble eggs in the oil from the meats.

Cook Temperature: Medium to low

Cook Time: 20 to 25 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.